

Dirty Boxing

In martial arts, timing, misdirection, feints and so forth are indeed very important. Below is a video that details dirty boxing. The check hook that is mentioned in the below video has been successfully used by many boxers, such as Floyd Mayweather Jr. The video demonstrates how to set up for it and other methods. Notice how the subtle body twisting and evasion up close sets up for the misdirection, intercepting your opponent's intentions, and counter punches. This all makes for great ways to drill in-fighting. The guy shows how to set up for an overhand right, and later, a shoulder push that sets up for a hook - it reminded me of the ways I teach my students to set up for and utilize "blind spots" when practicing their dirty boxing. Of course, it takes a lot of practice and awareness of subtle body movements, and being loose in sparring drills.

<http://goo.gl/D2x2Xu>